

4 THINGS TO DO

01 Father's quest

Watch 'Raghnath,' an Assamese play, as part of Ranga Shankara's Theatre Festival, 2024. It tells the story of Raghnath, a villager, who loses his daughter during a flood in Assam just because there is no bridge in the village. He dreams of a new beginning and of a developed village where no children die because of the lack of a mere bridge. So, he creates a false rumour, believing it will attract those in power to the village for betterments. But can Raghnath really cheat himself to do this? **Where:** Ranga Shankara, JP Nagar **When:** November 2, 7:30 pm



02 Evergreen tunes

Vibe to the rare numbers from the musical works of maestros like Mehdi Hasan, Gulam Ali, Jagjit Singh, Rahat Fateh Ali Khan, Waheed Rameez, Kailash Kher, Talat Aziz, Mahendra Kapoor, and more in 'Encore, a concert evening of Geet, Ghazal, and Sufi music.' Join in as professional musicians and singers pay a tribute to these legends for their immense contribution to the genre of music. **Where:** Jagriti Theatre, Whitefield **When:** November 1, 7:30 pm



03 Dot mandala art

Create a beautiful dot mandala art on wood through a Dot Mandala Workshop—a relaxing, semi-guided experience where creativity meets mindfulness. In this session, you'll learn the therapeutic art of dot painting, exploring patterns that promote calm and concentration. This workshop is open for both beginners and experienced artists. All materials are provided, come join in and you'll leave with beautiful artwork and a refreshed mind. **Where:** Art Beat, HSR Layout; **When:** Until November 10



04 Glass painting

Explore the beautiful art of painting on glass. Join in for a 'Glass Painting Workshop' and learn various techniques to apply vibrant paints on glass surfaces, creating your own stunning artwork. This hands-on workshop will guide you through the process of selecting designs, mixing colours, and applying them to create beautiful patterns and images on glass items like vases, windows, or small frames. **Where:** Small World, Koramangala **When:** November 1 to December 1



Get ready to go green this Kadalekayi Parishe

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With the city's iconic groundnut festival, Kadalekayi Parishe coming up, students from different colleges are gearing up to celebrate the event in an eco-friendly way through the Zero Waste Collective initiative. The initiative aims to replicate the success of last year's eco-friendly efforts by making paper and cloth bags for vendors, thereby minimising the use of plastic at the event. This time, they are taking their efforts to a new level by engaging more colleges and communities to scale up their impact.

"Our goal is to make Kadalekayi Parishe a litter-free, sustainable celebration that sets a precedent for environmentally responsible festivals

in Bengaluru and beyond. This year's theme, 'Parishege Banni, Kye Cheela Thanni' ('Come to the fair, hands empty'), encourages everyone to support a waste-free event by bringing reusable bags," said Shaila Iyengar, a key organiser from Zero Waste Collective.

Goal: To create 60,000 paper bags, 25,000 cloth bags

Students are aiming to make 60,000 paper bags and 25,000 cloth bags, both eco-friendly alternatives to single-use plastic. Students from MLA College alone have already created 20,000 paper bags for the event in Malleswaram. With BMS College of Engineering, Dayanand Sagar University, and Oxford College also contributing, the collective plans to involve more institutions, reaching out to 10-15 schools and colleges across Basavangudi and other areas.

The paper bags are ingeniously crafted from old newspapers sourced by students from their homes, avoiding the use of staplers or glue to ensure that the bags are fully recyclable. "We are excited to be part of Kadalekayi Parishe's journey to a greener future. By working together, we're learning how small actions can create a big impact, inspired by Shaila Iyengar's dedication to a plastic-free world," said the NSS students from MLA College.

Chinmayee, a student at Dayanand Sagar College of Engineering and member of the Mudita Team, said, "We, the students, are the future leaders of sustainability. Our energy, enthusiasm, and fresh ideas bring a unique impact to every initiative we join. Through hands-on learning, we're gaining practical experience in organising and executing real-world sustainability efforts."

Student coordinator Dhruv Nagarajan Koundinya from BMS College of Engineering explained the expansion plans, stating, "We're currently working with several schools and colleges and have received support from NGOs to reach even more institutions. We want to build a powerful movement, one that can inspire the city and beyond."



Participants of Zero Waste Collective initiative

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FLAVOURS OF LIGHT

Binge on in a healthy way this Deepavali

Having low calorie sweets on Deepavali day can be by no means be termed as dieting. Low calorie sweets or sugar free sweets are marketing gimmicks. You can instead gift your friends and relatives whole fruits or nuts instead of sugary sweets and deep fried oily snacks. Offer your guests herbal teas instead of carbonated beverages, sugary juices or regular tea and coffee. Try making your own innovative Deepavali snacks using whole grain products. Promise to indulge in some physical activity that you would enjoy, starting this Deepavali.

Detox to rejuvenate

Choose foods that are rich in antioxidant nutrients like zinc (nuts and seeds, whole grains), selenium (seafood, lean meat,



nuts and seeds), Vitamin A (all coloured fruits and vegetables), Vitamin C (citrus fruits, capsicum, tomatoes etc) which will counter the effects of free radicals generated from bursting crackers as well as poor diet.

Increase fiber content in the diet by including whole grains, pulses and legumes, fruits and vegetables. Reduce the use of artificial colours and flavours. Try using organic products. Fast for a day post festival which will help to eliminate all the toxins during festive days. Practice stress control techniques like yoga or meditation to beat stress. Rest and sleep sufficiently to rejuvenate yourself completely. — Femina

Firecracker prices hit the roof

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The day one of Deepavali saw brisk sales of firecrackers, but their prices started to pinch the buyers. Traders said that most of the city's firecrackers are sourced from Hosur, with prices up by 10% compared to last year. "Around 90% of the fireworks are from Hosur. Stalls were set up on Tuesday, and we anticipate higher sales on the last two days," says Yogesh, Secretary of the Fireworks Traders Association.

In Malleswaram, Vidyapeetha, Jayanagar 7th Block, Chamarajpet, JP Nagar, HSR Layout, KR Market, Gandhinagar, Dasarahalli, and 68 other locations across the city, the Bruhat Bengaluru Mahanagara Palike (BBMP) and the city police have approved 315 stalls in public grounds for selling fireworks.

People in huge numbers have been spotted in areas like Malleswaram, Gandhi Bazaar, and KR Market for their purchases.

Although there is lower demand for loud crackers, customers are showing interest in sparklers, ground spinners, flowerpots, and "green" fireworks like chakras, elephant-shaped crackers, rockets, and garland crackers. "Green fireworks and standard crackers are in high demand, with boxes ranging from Rs 1,000 to Rs 20,000," says fireworks vendor Vijay



90% fireworks sourced from Hosur, prices up by 10%: Vendors say buyers favour sparklers, spinners, 'green' fireworks over loud crackers this Deepavali season

Kumar. The sale of traditional clay lamps is also strong.

In places like Basavanagudi, Gandhi Bazaar, KR Market, and Jayanagar, small clay lamps are priced at Rs 50-60 per dozen, while larger ones cost Rs 100-120.

Sky lanterns in demand

Colourful sky lanterns are captivating buyers, who are purchasing them alongside fireworks. With designs ranging from star-shaped, lantern-style, and crescent-shaped,

these sky lanterns are priced between Rs 100 and Rs 2,000.

"There's a 10% rise in fireworks prices this year, with silent fireworks gaining more traction. Sky lanterns are also drawing a lot of attention," says vendor Geetha Vijaykumar.

Pedestrians & bikers... watch out!

During Deepavali, pedestrians and bikers are at a heightened risk of injuries from fireworks. Many pedestrians and bikers often remain unaware of



3 serious eye injuries reported

While only a few injuries were reported on the first day compared to previous years, doctors expect numbers to rise starting Friday as firecracker activity intensifies. Minto Hospital reported an incident involving a five-year-old boy who sustained an eye injury from a Lakshmi bomb.

Sankara Eye Hospital shared details of three other serious cases. A three-year-old bystander with a corneal injury. A ten-year-old boy who suffered self-inflicted injuries; after lighting a cracker, he approached it to check on a delayed burst and was hurt in the explosion.

The most severe case involved an eight-year-old with an iris prolapse, threatening his vision; he has undergone surgery, with results still pending. Doctors indicated that all three cases were serious eye injuries.

close to pedestrians or bikers.

Taking the time to alert passersby can greatly reduce the chances of accidents, making the celebration safer for everyone, said an expert.

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Renewed Gangashetty Lake remains troubled

Residents of Triveni Nagar express disappointment that BBMP's rejuvenation did not fill lake and raise concerns about contaminated water and clogged drains

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TWEETS @BangaloreMIRROR

Triveni Nagar and KR Puram residents were thrilled when the BBMP (Bruhat Bengaluru Mahanagara Palike) Lakes Department began rejuvenating Gangashetty Lake in December 2022, with an estimated budget of 4 crore. Over a year later, however, environmentalists and residents are disappointed that the lake has yet to fill with water despite the completed work.

Gangashetty Lake is unique because it receives water through an outlet rather than inlets. Typically, outlets are designed to release excess water from the lake, while inlets allow water from storm drains to flow in and replenish it. "I have complained to the BBMP Lakes Department about contaminated water entering into the lake through an outlet. It will benefit the lake if the authorities concerned take suitable measures to prevent it," said Balaji Raghotham, a lake activist.

Muniraju M, a resident of Triveni Nagar, voiced concerns about contaminated water entering the lake through an outlet, noting that some stormwater drains near the Tahsildar Office are clogged with silt. "Storm water drains that are supposed to carry rainwater to the lake are choked with silt and debris. The inlets of the lake are a few feet above the ground level. I appeal to the BBMP Storm Water Drains Department to remove silt from the stormwater drains to ensure the flow of rainwater into the lake and avoid water logging on the road



Contaminated water flowing into the lake from an outlet

whenever it rains heavily," said Muniraju.

Sheshappa HB, a lake activist from Triveni Nagar, has expressed concern over the lack of security at the lake. "We plant saplings to ensure greenery at the lake but there is no security for the saplings. Some people use saplings as fodder for goats. Miscreants cause disturbances at night here. I urge the BBMP authorities to take measures to safeguard the saplings," said Sheshappa.

A resident on the condition of anonymity said the lake was once a destination for dumping waste. "A few acres of the lake land is en-

Stormwater drains that are supposed to carry rainwater to lake are choked with silt and debris. I appeal BBMP to remove it – Muniraju, resident

croached by land mafia with the support of politicians. We expected the lake to be clean after rejuvenation work is over but dirty water is flowing into the lake from an outlet. It shows a lack of coordination between the lakes department and

stormwater drains department," the resident said.

Meanwhile, BBMP assistant engineer (Lakes) Swapna said, "The stormwater drain width is only a few feet at Rajiva Gandhi Nagar. It results in a backflow of water into the lake through the outlet. The issue was raised in a meeting with the Special Commissioner. I have already written a letter to the stormwater drains department advising to restore the width of the stormwater drain at Rajiv Gandhi Nagar to avoid backflow of dirty water into the lake through the outlet," the Assistant Engineer said.

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Sidewalk blocked

St Mark's Road



Pedestrians are forced to walk on the road between Bowring and St Mark's due to a disused police tow truck that's been parked there for three years.

Tree removal

Sanjaynagar



A dry tree near Sandeepani School on 2nd Main, AECS Layout, Sanjaynagar, is set to be cut down.

Flooding disrupts lives: Locals urge immediate solutions

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Over 50 families residing in Mahaveer Edenfields, located in Doddanagamangala near Electronic City Phase 2, are grappling with stagnant drainage water around their apartment complex. Built five years ago, the low-lying building suffers from insufficient drainage, resulting in significant flooding in recent weeks. Ongoing rain has caused the drainage water to accumulate to a depth of about three feet, posing a serious hazard for residents.

The stagnant water has disrupted daily life, especially for families with school-going children. "The school buses have stopped coming to pick the students up, and other modes of transport are inaccessible. We can't even commute on two-wheelers because of the water. Four-wheelers are our only option, but that too is risky in such deep water. We have to take the kids to the end of the stretch by car, and it's dangerous every time. Our children are even missing out on school due to



Stagnant water around the apartment complex

this problem," a resident explained.

The situation has worsened over the last 15 days due to heavy rainfall, leaving residents frustrated with the lack of intervention from authorities. According to residents, repeated complaints have been made to the Bengaluru Development Authority (BDA), as Mahaveer Edenfields is part of a BDA-approved layout. The residents have also raised the issue with the builder, but so far,

neither party has taken responsibility to address the flooding. "The situation has been miserable for more than two weeks now, with no sign of improvement. The water has nowhere to go, so it remains stagnant, creating a foul smell and attracting mosquitoes," said another resident.

The water stagnation has led to concerns over health risks, as the area is now a breeding ground for mosquitoes, increasing the risk of diseases like dengue and malaria. "We are extremely worried about mosquito-borne diseases. We have many senior citizens here, and this is a serious health hazard," said another resident.

Residents are appealing for immediate action to improve drainage around the building and prevent waterlogging. They pointed out that this recurring issue cannot be left unattended, as it continues to disrupt lives and pose health and safety risks for the entire community. "Anybody can fall sick in this situation or there could be accidents with the flooded water. We cannot even think of calling for an ambulance as even the ambulance won't be able to reach in front of our houses. The situation here is alarming."

Pedestrian risk

Vittal Mallya Road



The busy Vittal Mallya junction lacks a zebra crossing, needing urgent attention from authorities.

Cyclist injured in hit-and-run

A hit-and-run incident occurred on Tuesday on Seshadripuram's 1st Main Road, within the High Ground Traffic Police Station limits. An autorickshaw, reportedly driven at high speed in the wrong lane from Tilight Junction toward RMS Junction, collided with a cyclist, resulting in severe head injuries to an unidentified man, estimated to be around 55-60 years old. The autorickshaw driver fled the scene.

The injured man, described as 5.5 feet tall with a medium

build, wheatish complexion, and a full head of white hair, was wearing a moss green shirt and brown pants at the time of the accident.

Police seek help to identify injured man. Anyone with information is urged to call police control room

Emergency responders arrived shortly after the incident, and the man was transported to Victoria Hospital, where he is currently receiving treatment

for his injuries. Police officials checked the man's clothing for any form of identification, but no mobile phone, ID, or other personal items were found.

A case has been registered at the High Ground Sambara Police Station, and authorities are seeking assistance from the public to help identify the injured man. Anyone with information about the victim's identity or family is urged to contact the police control room (112) or High-ground traffic police station. 9480801827, 08022942916/17.

Man beaten over minor dispute

In an incident reported on Wednesday, a minor verbal dispute turned violent, resulting in injuries and a complaint lodged at the Byadarahalli police station. The altercation began at Karanji Dhaba on Herohalli Magadi Road, where Arun Kumar, 26 years old, a resident of Sanjeevini Nagara, had stopped for a drink before heading home.

The victim often visits the dhaba for a drink around 9:00 pm. After leaving an hour later, he saw Sachin, a local, sitting in a car with another person. An argument broke out when Sachin's companion shouted at Arunkumar, who responded similarly. The con-



frontation ended, and Sachin drove away.

Tensions escalated when the victim received a call from

the accused at 10:30 pm, inviting him to Nagarholenagar Circle. Upon arriving, he found Sachin and three others waiting for him.

The group allegedly hurled insults, which escalated into a physical altercation. The victim claims the accused verbally abused him while three men struck him, with one using a nearby tile to hit his forehead, head, and below his right eye, causing multiple injuries.

A nearby Hoysala patrol intervened during the assault and took the victim to Anupama Hospital for first aid. The victim filed a complaint, and the police launched an investigation.

PAGE 11

PSI caught taking bribe to arrest accused

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವದ ಹಾಗೂ
ದೀಪಾವಳಿ ಹಬ್ಬದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು...

ನಾಡಿನ ಅಗ್ರಗಣ್ಯ ಕನ್ನಡ ದಿನಪತ್ರಿಕೆ
26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ
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ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಜ್ಯೋತ್ಸವಕ ಅಭಿನಂದನೆಗಳು...

ರಹೀಂ ಖಾನ್
ಪೌರಾಯುಕ್ತ ಸಚಿವರು ಹಾಗೂ ಜನಪ್ರಿಯ ಶಾಸಕರು, ಬೀದರ್



* ನಗರ ಮುಖನಿಕಾಯ ಅಧ್ಯಕ್ಷರಾದ ಸಿ.ಎಂ. 45 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದಲ್ಲಿ ರಸ್ತೆ ಹಾಗೂ ಪರಿಸರ ಅಭಿವೃದ್ಧಿ ಕೈಗೊಂಡು
* ಕಲ್ಯಾಣ ಪರದಾಟ ದೂ. 38 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಗ್ರಾಮೀಣ ಸಂಪರ್ಕ ರಸ್ತೆ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ
* ನಗರದೊಳಗಡೆ ಸಾಧಾರಣ ಹಂಪಿ ಯೋಜನೆಯು ದೂ. 30 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದಲ್ಲಿ ರಸ್ತೆ, ಪರಿಸರ, ಬೀದಿ ದೀಪ ಅಳವಡಿಕೆ ಕಾಮಗಾರಿ ಕೈಗೊಂಡು
* ದೂ. 25 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಪರಿಷ್ಕೃತ ಬಾಂ. ಪರಿಷ್ಕೃತ ಪಂಗಡ, ಇವರ ಹಿಂಬದಿ ಪರ್ಗ ಹಾಗೂ ಅಭಿವೃದ್ಧಿಪಡಿಸಿದ ಸಮುದಾಯಗಳ ಪ್ರದೇಶಗಳಲ್ಲಿ ಮೂಲನಿಕಾಯ ಅಧ್ಯಕ್ಷರಾದ ಕಾಮಗಾರಿ ಕೈಗೊಂಡು
* ಶೇತರಾಂಶದ ದೂ. 20 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಕೈಗೊಂಡು ರಸ್ತೆ, ಪರಿಸರ ಅಭಿವೃದ್ಧಿ, ಶಾಲೆಗಳಿಗೆ ಮೂಲನಿಕಾಯ, ಸ್ಕೂಲ್ ಶಾಸ್ತ್ರಿ, ಶಾಲಾ ಸಾಮಗ್ರಿ ಪೂರೈಕೆ ಹಾಗೂ ಸಮೀಪ ಕಾಮಗಾರಿಗಳು ಕೈಗೊಂಡು
* ಸ್ಥಳೀಯ ಶೈವ ಕೆಲಸಗಳನ್ನು ಪೂರೈಸಿದ ದೂ. 10 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ನೌಬಾಡ್‌ನಿಂದ ರಾಜಕೋಟೆ ಕೋಟೆಯ ವರೆಗೆ ರಸ್ತೆ ನಿರ್ಮಾಣ ಪ್ರಾರಂಭ
* ಸ್ಥಳೀಯ ಶೈವ ಕೆಲಸಗಳನ್ನು ಪೂರೈಸಿದ ದೂ. 10 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಮಾಲಾಂಗಾಪ್ಪನಿಂದ ಬಿಲ್ಲೂಗ ರಸ್ತೆ ನಿರ್ಮಾಣ ಆರಂಭ
* ಶೇತರಾಂಶದ ದೂ. 9.99 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದ ಸರ್ಕಾರಿ ಮಹಿಳಾ ಪದವಿ ಕಾಲೇಜು ಕಟ್ಟಡ ಕಾಮಗಾರಿ ಆರಂಭ
* ದೂ. 5.41 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಭನವಾಳ್ಕು ವಿಲೇವಾರಿ ಕಾಮಗಾರಿ ಕೈಗೊಂಡು
* ಶೇತರಾಂಶ ರಸ್ತೆ ನಿರ್ಮಾಣ(ಸಿ.ಎಂ.ಎಂ.ಎಂ.) ದೂ. 5 ಕೋಟಿ ಅನುದಾನದ ಕಾಮಗಾರಿ ಗೋದಾಂನಿಂದ ಗಡಪೇಗನ ರಸ್ತೆ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ
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* ದೂ. 5 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದ ಸಿಗ್ನಲಿಂಗದ ಪಾವನಾಳ ಗೋದಾಂನ ರಸ್ತೆ ನಿರ್ಮಾಣ ಆರಂಭ
* ದೂ. 4 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಮಿಣಿಹಾಳ-ಮಾಳೇನಹಳ್ಳಿ ರಸ್ತೆ ನಿರ್ಮಾಣ

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* ನಗರದೊಳಗಡೆ ಸಾಧಾರಣ ಹಂಪಿ ಯೋಜನೆಯು ದೂ. 4 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದಲ್ಲಿ ರಸ್ತೆ, ಪರಿಸರ, ಬೀದಿ ದೀಪ ಅಳವಡಿಕೆ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ
* ದೂ. 4 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಮುಖ್ಯ ಸಂಗ್ರಹಣೆ ಸೌಕರ್ಯ ಕಾಮಗಾರಿ ಕೈಗೊಂಡು
* ನೌಬಾಡ್ ನಗರದ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನಲ್ಲಿ ಶೇತರಾಂಶದ ದೂ. 3.15 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಕ್ಯಾಂಪಸ್, ಎ.ಐ. ಸೆಂಟರ್ ಕಟ್ಟಡ ನಿರ್ಮಾಣ ಹಾಗೂ ಸಂಪರ್ಕಗಳ ಪೂರೈಕೆ ಕಾಮಗಾರಿ ಆರಂಭ
* ದೂ. 2.80 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದ ಬೀದರ್ ರಸ್ತೆಯಲ್ಲಿರುವ ಸೀಲಿಂಗ್ ಬ್ಯಾಂಕ್ ಸಮೀಪ ಶೇತರಾಂಶದ ದೂ. 2.50 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಗ್ರಂಥಾಲಯ ಕಟ್ಟಡ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿ ಪ್ರಾರಂಭ
* ಶೇತರಾಂಶದ ದೂ. 2 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದ ಪದಮನಾಭ ಬಾಲಕರ ಕಾಲೇಜು ಕಟ್ಟಡ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ
* ದೂ. 2 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಬೀದರ್ ನಗರದ ಪ್ರಗತಿಯಲ್ಲಿ
* ದೂ. 2 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ಗುಮ್ಮ ಗುಮ್ಮದಲ್ಲಿ ಬಾಂಧವ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ
* ದೂ. 2 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ಸೋಲಮರ ಕೆರೆ ಅಭಿವೃದ್ಧಿ ಬೆಂಗಳೂರು ಹಂಪಿ
* ಶೇತರಾಂಶದ ದೂ. 1 ಕೋಟಿ ಅನುದಾನದಲ್ಲಿ ಇನ್ನೂರ-ಕೌರಾ ಪ್ರಜ್ಞೆ ಪರಗನ ರಸ್ತೆ ನಿರ್ಮಾಣ ಆರಂಭ
* ದೂ. 1 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಕೆರೆ ಅಭಿವೃದ್ಧಿ ಪೂರ್ಣ
* ದೂ. 1 ಕೋಟಿ ಮುಖ್ಯಮಂತ್ರಿ ವಿಶೇಷ ಅನುದಾನದಲ್ಲಿ ಕೆರೆ ಅಭಿವೃದ್ಧಿ ಪೂರ್ಣ
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* ಬೀದರ್‌ನಲ್ಲಿ ಶೇತರಾಂಶದ ದೂ. 41 ಲಕ್ಷ ಅನುದಾನದ ವಿವಿಧ ಕಾಲಾ ಕೋಟಿಗಳ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿ ಬೆಂಗಳೂರು ಹಂಪಿ

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ

ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ ಹಾಗೂ ದೀಪಾವಳಿ ಹಬ್ಬದ

ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು

ಕನ್ನಡಿಗರ ಹೆಮ್ಮೆಯ ದಿನಪತ್ರಿಕೆ, ಹೊಸತನದ ಹರಿಕಾರ, ಕನ್ನಡ ನಾಡಿನ
ಲಕ್ಷಾಂತರ ಓದುಗರ ಧ್ವನಿ, ವಿನೂತನ ಪ್ರಯೋಗದೊಂದಿಗೆ ಮುನ್ನಡೆಯುತ್ತಿರುವ

ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ

ಆಚರಿಸುತ್ತಿರುವ ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಪತ್ರಿಕೆ
ಇನ್ನಷ್ಟು ಪ್ರಗತಿ ಪಡೆದತ್ತ ಸಾಗಲೆಂದು ಶುಭ ಹಾರೈಸುವವರು...

ಜೆನ್ನಾರದ್ಡಿ ಪಾಟೀಲ್ ತುನ್ಸೂರು
ಶಾಸಕರು, ಯಾದಗಿರಿ ಮತಕ್ಷೇತ್ರ



Monsoon tales

Bengaluru never stops, for showers or more. With potholes riddling the streets and commuters becoming a luxury, people still continue to find a way to get moving

PIC: KAUSHIK JN

80% SWD encroachments still in survey and inquiry stages

Total of 1,712 encroachments on stormwater drains have been identified and 50% of identified cases have not been recorded

| Sridhar Vivan
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Every intense spell of rain-fall reminds Benglaureans of how Rajakaluves continue to be engaged. These Rajakaluves, which are the crucial channels to supply water from one water body to another, are encroached upon, which results in reduced flow of water and flooding of nearby areas. Sadly, around 80% of the cases related to the encroachment of stormwater drains remain at the survey stage. As the rains pour down and stormwater inundates neighborhoods, creating havoc and disrupting lives, officials from the Bruhat Bengaluru Mahanagara Palike (BBMP) report that most encroachment cases are still in court proceedings. This delay has hindered the clearance of encroachments, leading to ongoing issues that authorities have been highlighting for several years.

According to BBMP records, a total of 1,712 encroachments on stormwater drains have been identified in the city so far, with 1,348 of these cases still in the survey and inquiry stages. Only 196 cases are under litigation, of



Dumping of waste garbage, and plastic waste leading to blockage of storm water drain, JCB used to clear the drain near Hebbal Outer Ring Road (File photo)

which 161 have received court injunctions, while the remaining 36 cases are in a special court related to land grabbing. "Mahadevapura has the highest encroachment count, with 492 cases reported, of which 16 have been cleared. Following closely is Yelahanka, which has 359 encroachments and 55 clearances ordered. Bommanahalli comes next, reporting 201 encroachments, with 25 clearances ordered. Dasarahalli has 207 encroachments, and 45 clearances have been ordered for this zone. The Koramangala Valley shows 104 encroachments, but no clearances have been ordered in this area. RR Nagar also has 104 encroachments, with 13 clearances ordered. The East Zone has 123 encroachments, with 13 clearances ordered. The South Zone reports 46 encroachments,

Approximately 300 empty plots have already been cleared, while approximately 800 cases still need to be addressed for clearance

— Senior BBMP official

but there are no clearances ordered. Lastly, the West Zone shows the lowest encroachment count at 46, with no clearances ordered. In total, there are 1,712 encroachments across all zones, with 167 clearances ordered," said an official.

According to the tahsildars, about 50% of the identified cases of stormwater drain encroachments have not been recorded. Furthermore, current stormwater

flows do not align with the records of the revenue department and are running through private lands. The tahsildars indicate that buildings and plots have been constructed along the designated stormwater drain routes as per the revenue records. "Out of the 1,712 identified cases of encroachment, approximately 200 to 300 empty plots have already been cleared. In the remaining 50% of cases, tahsildars assert that there is no encroachment, while approximately 800 cases still need to be addressed for clearance," said a senior BBMP official.

BM had reported in February about how several stretches of SWDs in the city are still covered with concrete slabs, which is against the norms. Despite NGT ban and KSPCB orders, BBMP still hasn't cleared slabs.

DKS assures Shakti will go on

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For some time now, questions have lingered over whether the state government will continue its guarantee schemes. Adding to the uncertainty, Deputy Chief Minister DK Shivakumar on Wednesday hinted at reconsidering the Shakti scheme, which offers free travel for women in non-luxury buses across Karnataka. His remark sparked widespread reactions, raising concerns among the scheme's beneficiaries and fuelling debate. However, in response to the strong public and political resistance to this statement, DK Shivakumar clarified his stance on Thursday, assuring that the Shakti scheme would remain in place. This assurance aims to reaffirm the government's commitment to welfare initiatives, which have become a lifeline for many citizens across the state.

DK Shivakumar's change in stance came after a firm nudge from All India Congress Committee (AICC) president Mallikarjun Kharge, who addressed the issue while sharing the stage with Deputy CM DK Shivakumar and Chief Minister Siddaramaiah on Thursday. During his speech, Kharge said, "In Maharashtra, we've already promised to roll out the five guarantee schemes implemented in Karnataka and Telangana. So, I was surprised to hear that DKS hinted at dropping one of these schemes." When Siddaramaiah attempted to clarify that they were only

I mentioned that several economically empowered women expressed willingness to pay for tickets
—DK Shivakumar

considering revisions, Kharge firmly responded that even the term "revision" could sow doubt among the people, urging clear communication.

Later in the day, Shivakumar clarified that there was no question of discontinuing any guarantee schemes, including the Shakti scheme. He explained, "My statement was misinterpreted. I merely mentioned that several economically empowered women, particularly those in the IT sector and multinational companies, have expressed willingness to pay for tickets. Many of them receive conveyance allowances from their employers and have shown interest in contributing. I only suggested discussing this with the Transport Minister; I never implied discontinuing the scheme. There is no plan to withdraw any of the five guarantee schemes." Shivakumar stressed that the schemes would continue not only for the remaining 3.5 years of the current term but also for the next five years if Congress is re-elected. Drawing a parallel with Prime Minister Narendra Modi's call for citizens to voluntarily give up the LPG subsidy, he proposed a similar voluntary approach here, adding, "We can't force these schemes on those who don't want them." When asked if the government might simply allow some women to pay if they wished, he responded, "Transport employees need government permission to do so. Conductors are hesitant to collect fares from women as the law prohibits it, and there could be accusations later of the government forcing women to pay. Given this context, we need to carefully discuss these suggestions from women."



CM Siddaramaiah with deputy CM DK Shivakumar at the launch of 'Shakti Yojane' (File photo)

Car washer assaults family



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TWEETS @BangaloreMIRROR

A 24-year-old allegedly attacked a family returning home in a car after shopping, leaving their 5-year-old child with minor injuries near Choodasandra main circle within the Parappana Agrahara Police station limits on Wednesday.

The accused identified as Krishnamurthi, a car washer from the same locality, attacked a family around 9:30 pm. According to the police, Krishnamurthi convinced a passerby on a bike to follow a car, claiming that it had brushed against his bike. Unaware of Krishnamurthi's intentions, the biker assisted him in trailing the family's car. A viral video shows the biker sig-

nalling for the family to slow down and roll down their window. When the driver refused and attempted to accelerate, Krishnamurthi picked up a stone and struck the car's rear window, shattering it.

The broken glass injured the family's 5-year-old child, who was struck on the forehead. The child was later treated for the injury at the Hospital.

A case was filed and the Police apprehended Krishnamurthi, charging him with assault and issuing threats. Further investigation is underway.

City police seize 6 kg cannabis

In a series of swift operations by the city police, 4 individuals were arrested for attempting to sell banned cannabis in various parts of the city.

More than 6 kg of cannabis, along with vehicles used in the trade, were seized from the accused by the police.

In the first case, on October 24, Basavanagudi Police detained a man near Karanji Anjaneya Temple following a tip-off that he was trying to sell Ganja from an autorickshaw. Police seized 3 kg 590 grams of Ganja, a mobile phone, and an autorickshaw used for transporting the drugs. The total value of the seized items is estimated to be 1.5 lakh.

On October 26, another successful operation was conducted by the Ramamurthy Nagar Police, who apprehended two suspects near KR Puram Railway Station. Acting on information from an informant, police found 2 kg 182 grams of Ganja packed in packets and intended for public sale. During questioning, the suspects revealed that they sourced the cannabis from Kuppam in Andhra Pradesh, buying at low prices to resell at a high profit. The seized items are valued at ₹1 lakh.

The third incident occurred on October 27, when Sampige Halli Police nabbed a man on Sampige Halli Main Road. The individual was found in possession of 1 kg 230 grams of Ganja, a two-wheeler, and a mobile phone, all valued at approximately ₹30,000. Police are actively searching for the supplier who remains at large.

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Lights, camera & a lot of action



ಶ್ರೀ ದಿ. ನಾಗನಗೌಡ ಕಂದಕೂರ
ಮಾಜಿ ಶಾಸಕರು, ಗುರುಮಠಕಲ್ ಮತಕ್ಷೇತ್ರ

ಗುರುಮಠಕಲ್ ಮತಕ್ಷೇತ್ರದ ಮತ್ತು ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವದ ಹಾಗೂ
ದೀಪಾವಳಿಯ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು
ನಾಡಿನ ಅಗ್ರಗಣ್ಯ ಕನ್ನಡ ದಿನಪತ್ರಿಕೆ

ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ ಆಚರಿಸಿಕೊಳ್ಳುತ್ತಿರುವ ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ
ಪತ್ರಿಕಾ ಬಳಗಕ್ಕೆ ಹೃತ್ಪೂರ್ವಕ ಅಭಿನಂದನೆಗಳು...

ಶ್ರೀ ಶರಣಗೌಡ ಕಂದಕೂರ
ಜನಪ್ರಿಯ ಶಾಸಕರು,
ಗುರುಮಠಕಲ್ ಮತಕ್ಷೇತ್ರ

ಶ್ರೀ ಸುಭಾಶ್ಚಂದ್ರ ಕಟಕಟ
ನೂತನ ಅಧ್ಯಕ್ಷರು, ಜಿಲ್ಲಾ ಜಿಡಿಎಸ್, ಯಾದಗಿರಿ

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವದ
ಹಾಗೂ ದೀಪಾವಳಿ ಹಬ್ಬದ
ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು

ಕನ್ನಡ ನಾಡಿನ ಲಕ್ಷಾಂತರ ಓದುಗರ ಧ್ವನಿ, ಹೊಸತನದ
ಹರಿಕಾರ, ನಾಡಿನ ಸಮಸ್ತ ಕನ್ನಡಿಗರ ಹೆಮ್ಮೆಯ
ದಿನಪತ್ರಿಕೆ, ವಿನೂತನ ಪ್ರಯೋಗದೊಂದಿಗೆ
ಮುನ್ನಡೆಯುತ್ತಿರುವ

ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ
ಆಚರಿಸುತ್ತಿರುವ ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ
ಪತ್ರಿಕೆ ಇನ್ನಷ್ಟು ಪ್ರಗತಿ ಪಥದತ್ತ ಸಾಗಲೆಂದು
ಶುಭಾಶಯ ಕೋರುವವರು

ಬಸರೆಡ್ಡಿಗೌಡ ಅನಪೂರ
ಅಧ್ಯಕ್ಷರು ಯಾದಗಿರಿ ಜಿಲ್ಲಾ ಕಾಂಗ್ರೆಸ್
ಸಮಿತಿ

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವದ
ಹಾಗೂ ದೀಪಾವಳಿ ಹಬ್ಬದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು....

ಕನ್ನಡ ನಾಡಿನ ಲಕ್ಷಾಂತರ ಓದುಗರ ಧ್ವನಿ, ಹೊಸತನದ ಹರಿಕಾರ,
ನಾಡಿನ ಸಮಸ್ತ ಕನ್ನಡಿಗರ ಹೆಮ್ಮೆಯ ದಿನಪತ್ರಿಕೆ,
ವಿನೂತನ ಪ್ರಯೋಗದೊಂದಿಗೆ ಮುನ್ನಡೆಯುತ್ತಿರುವ

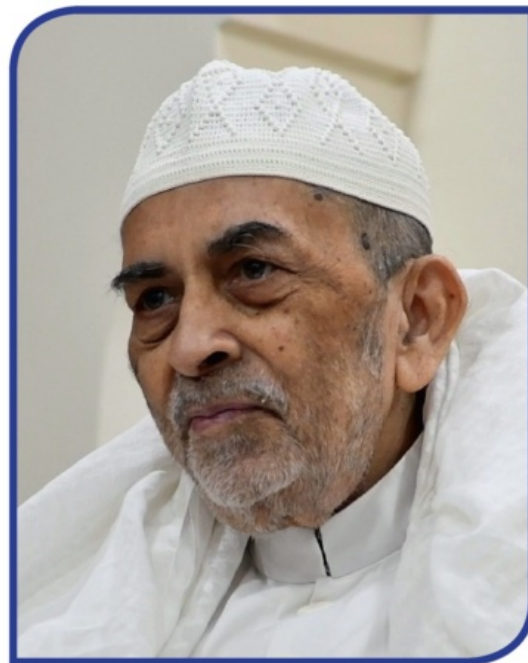
ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ
ಆಚರಿಸುತ್ತಿರುವ ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಪತ್ರಿಕೆ ಇನ್ನಷ್ಟು ಪ್ರಗತಿ ಪಥದತ್ತ
ಸಾಗಲೆಂದು ಶುಭಾಶಯ ಕೋರುವವರು

ಎಲಗೌಡ ಸಿ. ದೇವಣಗೌಡ
ಪ್ರಥಮ ದರ್ಜೆ ಸುತ್ತಿಗೆದಾರರು, ಗೋರಿ
ತಾ|| ಶಹಾಪುರ ಜಿ|| ಯಾದಗಿರಿ

ಚಂದ್ರಯಗೌಡ ಎಂ. ದೇವಣಗೌಡ
ಪ್ರಥಮ ದರ್ಜೆ ಸುತ್ತಿಗೆದಾರರು, ಗೋರಿ
ತಾ|| ಶಹಾಪುರ ಜಿ|| ಯಾದಗಿರಿ

Khaja Bandanawaz University - A Vision Realized



Dr. Syed Shah Khusro Hussaini
The Chancellor
Khaja Bandanawaz University

Khaja Bandanawaz University (KBNU), established in 2018, stands as a testament to the unwavering efforts of Dr. Syed Shah Khusro Hussaini Saheb, the President of Khaja Education Society. Though the university came into being only six years ago, the foundation for this ambitious project—rooted in academic excellence, intellectual growth, and innovation—was laid almost two decades ago in North Karnataka. It began with two postgraduate programs at Bi Bi Raza Degree College under Akkamahadevi Women's University, setting the stage for a long-standing commitment to higher education in the region.

Over the years, the Khaja Education Society inched closer to realizing its dream of establishing a university that would provide quality education while accommodating diverse academic disciplines. This dedication to expanding educational opportunities remains steadfast. KBNU began with just six departments offering a modest range of undergraduate and postgraduate programs, operating from limited infrastructure. Fast forward to today, and the university's transformation is truly remarkable.



Syed Muhammad Ali Al Hussaini
The Pro-Chancellor
Khaja Bandanawaz University

KBNU's beautifully landscaped campus now houses state-of-the-art buildings that blend traditional Indo-Persian architecture with modern design. Intricate arches, domes, and elegant courtyards reflect the region's rich cultural heritage, all while serving as a beacon of progress and innovation. Yet, KBNU's transformation extends far beyond its physical appearance.

The university has consistently expanded its academic offerings, adding new programs to meet evolving student needs. Today, it provides a wide spectrum of undergraduate and postgraduate programs across humanities, social sciences, sciences, and arts, with engineering and medical sciences continuing to serve as cornerstones of its academic reputation.

KBNU has invested heavily in advanced infrastructure to support academic success, including sophisticated laboratories, cutting-edge technology, and renovated classrooms designed for collaborative learning. However, the university's progress goes beyond infrastructure.

Embedded within this transformation is a strategic vision focused on research, innovation, and skill development. The administration has prioritized creating a dynamic academic environment where students are encouraged to explore, think critically, and engage with new ideas. This emphasis on academic excellence and intellectual freedom has cultivated a vibrant campus community that nurtures both academic success and holistic human development.

The university's dedication to fostering

interdisciplinary research ensures that faculty and students work on solving real-world challenges that contribute meaningfully to society. As KBNU looks to the future, it aims not just to maintain its current trajectory but to expand its services, strengthen research capabilities, and further enhance its infrastructure.

With a focus on skill development and a spirit of inquiry, KBNU equips students with the tools needed to excel in an ever-evolving world. As the university continues to grow, its mission remains clear: to cultivate knowledge, foster innovation, and shape future leaders ready to meet the challenges of tomorrow.

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THE KIDS ARE FIT & FINE

What's the best way to get children active?

The mental health benefits of exercise for adults are well known, easing depression and reducing anxiety.

Now, emerging research highlights its rising importance for children's wellbeing. Staying active could be key to safeguarding and enhancing young people's mental health.

Mood-boosting benefits

One in seven adolescents worldwide has a mental illness. As a result, parents and health-care providers are increasingly seeking effective prevention strategies.

Evidence is accumulating to suggest one surprisingly simple approach: physical fitness.

One recent study reveals even small improvements in fitness were linked to improved teen mental health. When adolescents improved their fitness by just 30 seconds on a running test, their risk of developing anxiety, depression, and attention-deficit hyperactivity disorder (ADHD) dropped by 7-8 per cent.

This suggests something as straightforward as regular exercise could play a crucial role in protecting young people's mental wellbeing.

For parents and health professionals looking to support adolescent mental health, encouraging participation in team sports could also be an especially effective strategy.

A study of more than 17,000 teenagers revealed a powerful link between sports and mental health: teens who participated in sports clubs were 60 per cent less likely to experience depression compared to inactive kids.

This suggests team sports offer a unique environment for teens' mental wellbeing, combining physical activity, social connection and structured routines.

Active kids do better in the classroom

Physical activity can also sharpen kids' thinking and improve school performance: being active is associated with improvements in concentration, decision-making abilities, attention and academic performance.

Studies have also found positive links between physical activity and performance in maths and reading skills.

Even short ten-minute bouts of activity can have immediate positive effects on classroom performance.

Adding more physical activity to the school day — rather than cutting it for academic subjects — can not only boost students' academic performance but also enhance their overall health and wellbeing.

Starting early: when and how

Age considerations

While there's no one-size-fits-all approach, experts generally agree it's never too early to encourage physical activity.

The World Health Organisation recommends children aged 3-4 should engage in at least 180 minutes of physical activity daily, with at least 60 minutes being moderate to vigorous intensity: activities that cause kids to huff and puff, such as running or playing sports.

For school-age children (five to 17 years), the recommendation is at least 60 minutes of moderate to vigorous physical activity daily, with activities that strengthen muscles and bones at least three times a week.

Getting started

The key to introducing fitness to children is to make it fun and age-appropriate. Here are some strategies:

- Incorporate play: for younger

children, focus on active play rather than structured exercise. Activities such as tag, hide-and-seek, or obstacle courses can be both fun and physically demanding.

- Explore various activities: expose children to different sports and activities to help them find what they enjoy. This could include team sports, dance, martial arts, or swimming. Consider activities that are culturally relevant or significant to your family, as this can enhance their sense of belonging and interest.
- Lead by example: children often mimic their parents' behaviours, observing their actions. By being active yourself, you not only set a positive example but also encourage your children to do the same.
- Make it a family affair: encourage physical activity by planning active family outings like hikes, bike rides, or trips to the park to foster a love of exercise in a fun and engaging way.
- Limit screen time: Encourage outdoor play and physical activities as alternatives to sedentary screen time, fostering a healthier lifestyle and promoting wellbeing.

Potential risks and how to mitigate them

While the benefits of fitness for children are clear, it's important to approach it safely. Some potential risks include:

- Injuries from overexertion: children eager to push their limits can suffer from overuse injuries, such as sprains or strains. Encourage a variety of physical activities to prevent overuse injuries. Ensure adequate rest during training and competition, and promote proper a warm-up and cool-down.
- Heat-related illness: children

exercising in hot weather are at risk of heat exhaustion, with symptoms including dizziness and nausea. Emphasise hydration before, during and after exercise. Schedule activities during cooler times and provide shaded areas for breaks, teaching kids to recognise signs of overheating.

- Improper technique and equipment: using incorrect form or inappropriate equipment can result in injuries and impede development. It's essential to provide proper instruction, ensure equipment is size-appropriate, and supervise children during exercise. Programmes should be designed to be safe and inclusive, accommodating children with disabilities, ensuring everyone can participate meaningfully without barriers.
- Burnout: excessive exercise or pressure to perform can cause physical and mental burnout. This can lead to a loss of interest. To prevent burnout, it is important stick to national and international activity recommendations, ensure adequate rest, and encourage a balance between structured exercise and free play.

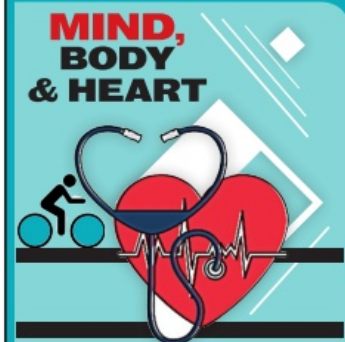
A love for movement and activity

The evidence is clear: fit kids are happier, healthier, and better equipped to handle life's challenges.

By introducing fitness early and in an engaging, age-appropriate manner, we can set children on a path to lifelong physical and mental wellbeing.

Remember, the goal is to foster a love for movement and activity that will serve children well into adulthood.

(By Ben Singh, University of South Australia and Grace McKeon, UNSW Sydney, The Conversation)



All you need to know about...

What causes sugar spike?

Blood sugar spike happens when your blood glucose level rises immediately after eating. Now this is normal after eating foods containing carbohydrates. Here's how you can make changes in your lifestyle to maintain healthy blood sugar levels.

Cut food with high glycemic index (GI)

GI is a measure of how fast a food can cause blood sugar to rise. A GI score is rated between 0 to 100. Foods that have a high GI are often high in processed carbohydrates and sugars, are quickly digested and absorbed, and can cause a rapid rise in blood sugar. Similarly, foods with a low GI are broken down at a slower rate and cause a slower rise in blood sugar. Most fruits, vegetables, and nuts have low GI.

More fibre

Another dietary adjustment to maintain blood sugar spikes is eating more high-fibre foods. Long story short, fibre helps slow glucose release into your bloodstream. Oats, fruits, and whole grains are good sources of fibre.

Balanced meal

Ensure that your meals contain an appropriate ratio of carbs, proteins, and fats. Eating only large portions of carbs for instance can cause too much sugar to be released into the bloodstream. Since proteins and fats take longer to digest, pairing carbs with them can help keep your blood sugar steady.

Move it

Being active after eating can also help lower blood sugar. No, we aren't asking you to go hit the gym right after a heavy meal, but simply moving around and walking in your space can help. A study showed that walking for 15 minutes after meals significantly improved glycemic control over 24 hours. —Femina

Bribe for police work: PSI caught in the act of graft

Man files complaint about violence, threat at hands of estranged wife, family; police official asks ₹50K to arrest accused

Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMIRROR

The Karnataka Lokayukta team apprehended a Police Sub-Inspector (PSI) accused of accepting a bribe of ₹25,000 on Wednesday. The PSI, identified as Gangadhar from Whitefield Police Station, allegedly demanded ₹50,000 from a resident of Varthur to facilitate the arrest of individuals accused in a criminal intimidation case which he had filed against his estranged wife and others on October 19. The arrest operation was led by Superintendent of Police Srinath Mahadev Joshi.

The case

According to the complainant his wife who had left him three years ago contacted him on October 9 informing him that their daughter was unwell. When the complainant informed this to his lawyer, he advised him to wait a few days before visiting. On October 17, when



Lokayukta team catches PSI at Whitefield Police Station red-handed as he was accepting Rs 25,000 as part of the bribe he had sought

the complainant went to his wife's residence in Sarjapur, her mother, her brother and her father allegedly began shouting at him and threatened him.

As the man was leaving, two individuals blocked his car near a cemetery, dragged him out, and forced him into the cemetery at 8:40 pm. One of the individuals contacted his wife, who instructed them not to let him live. They then assaulted him and fled the scene. The complainant eventually made his way to the hospital with the help of his friends and family.

He then filed a complaint at the Whitefield police station against the wife, her family and

two unidentified persons, alleging threats to his life and assault.

PSI caught red-handed

The complainant said the PSI asked him for a Rs 50,000 bribe to arrest the accused. So he filed a case under the Lokayukta police about the bribe. On Wednesday, the complainant visited the station and gave Rs 25,000 as an instalment Sub-inspector which he allegedly accepted and was caught red-handed by the Lokayukta police. The money was seized and PSI Gangadhar was arrested.

PSI Gangadhar has been booked under the Prevention of Corruption Act.

Corruption at station levels

Human right activists highlighted that corruption is a widespread issue. Narendra Kumar, president of Nagarika Shakti, said that a police official being caught for a bribe is common.

"I have even filed a public interest litigation against Ponzi companies, and little to none of the funds have been recovered. Typically, I believe the cash is often removed before arrests are made. Even if there is money left, bank accounts aren't seized, and those familiar with the department know where the money ends up," he stated, emphasizing that this is a part of the broader corruption issue.

He added that victims of Ponzi schemes, who have lost crores of rupees, rarely recover even a quarter of their funds. However, he acknowledged that of late, technology and recordings have encouraged many officials to perform their duties more responsibly.

BPL group chairman Nambiar passes away

BPL Group Founder TP Goplan Nambiar, who was suffering from age-related ailments for some time, passed away at his Bengaluru residence on Thursday morning. He was 94.

Nambiar's son-in-law and former Union Minister Rajeev Chandrasekhar confirmed the news.

"It is with great sadness that I inform all abt the passing away of my father-in-law TPG Nambiar, Chairman BPL Group. #OmShanthi He was a true visionary and built one of India's most trusted consumer brands that remains popular to this day. #BelieveInTheBest", he said in a post on X.

"I am pausing my Election campaign work and returning to Bengaluru to be with family," the BJP leader wrote.

Returning to India after working in the US and the UK, Nambiar set up the British Physical Laboratories India Pvt Ltd, as a joint venture with a British company, in Kerala in 1963 to manufacture precision devices for defence forces. It later expanded its medical devices, and in the 1980s, also diversified into televisions, video cassette recorders, and later on refrigerators and other consumer electrical and electronic devices.

Prime Minister Narendra Modi, in a post on X, said: "Shri TPG Nambiar Ji was a pioneering innovator and industrialist, who was a strong votary of making India economically strong. Pained by his passing away. Condolences to his family and admirers." Karnataka's Commerce & Industries and Infrastructure Minister MB Patil wrote on X: "I am deeply saddened to hear the passing of T.P. Gopalan Nambiar, the visionary founder of the BPL Group, whose pioneering contributions to India's electronics industry have left an indelible mark. His legacy will continue to inspire generations."

—IANS

ಹಾಡಿಕ ಶುಭಾಶಯಗಳು

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ
ಹಾಗೂ
ದೀಪಾವಳಿ ಹಬ್ಬದ ಶುಭಾಶಯಗಳು

ಕನ್ನಡ ನಾಡಿನ ಲಕ್ಷಾಂತರ ಓದುಗರ ಧ್ವನಿ,
ಹೊಸತನದ ಹರಿಕಾರ,
ನಾಡಿನ ಸಮಸ್ತ ಕನ್ನಡಿಗರ ಹೆಮ್ಮೆಯ ದಿನಪತ್ರಿಕೆ,
ವಿನೂತನ ಪ್ರಯೋಗದೊಂದಿಗೆ ಮುನ್ನಡೆಯುತ್ತಿರುವ

VK ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ

ಆಚರಿಸುತ್ತಿರುವ ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ
ಪತ್ರಿಕೆ ಇನ್ನಷ್ಟು ಪ್ರಗತಿ ಪಡೆದದ್ದು ಸಾಗಲೆಂದು

ಶುಭಾಶಯ ಕೋರುವವರು

ಶರಣಬಸಪ್ಪಗೌಡ ದರ್ಶನಾಪುರ

ಸಣ್ಣಕ್ಕಿಗಾರಿಕೆ, ಸಾರ್ವಜನಿಕ ಉದ್ದಿಮೆ ಹಾಗೂ
ಯಾದಗಿರಿ ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವರು

ನಾಡಿನ ಸಮಸ್ತ ಜನತೆಗೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ
ಹಾಗೂ
ದೀಪಾವಳಿ ಹಬ್ಬದ ಶುಭಾಶಯಗಳು

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VK ವಿಜಯ ಕರ್ನಾಟಕ

26ನೇ ವಾರ್ಷಿಕೋತ್ಸವ

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ಶುಭಾಶಯ ಕೋರುವವರು
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ಜಿಲ್ಲಾಧ್ಯಕ್ಷರು ಭಾರತೀಯ ಜನತಾ ಪಕ್ಷ ಯಾದಗಿರಿ

IPL 2025: Kohli, Patidar, Dayal retained by Royal Challengers

Royal Challengers Bengaluru (RCB) have announced that they have retained talismanic batter Virat Kohli (INR 21 crore), top-order batter Rajat Patidar (INR 11 crore), and uncapped left-arm fast-bowler Yash Dayal (INR 5 crore) ahead of IPL 2025.

"We're all too aware of the need to establish a strong Indian core to our team going into the 2025 IPL season, and we feel that our retention deci-

sions are a significant step in the right direction.

It's great to continue Virat's lengthy association with RCB, I'm confident that a new group of players will benefit hugely from his inspirational and infectious energy, and his commitment to high standards," said Mo Bobat, Director of Cricket at RCB.

RCB have chosen not to retain their captain Faf du Plessis, all-round-

ers Glenn Maxwell and Will Jacks, as well as fast bowler Mohammed Siraj. "It's also great to secure both Rajat and Yash, two excellent players that offer relatively unique skills and abilities. In Yash's case, as an uncapped player, he also represents outstanding financial value."

"It's always sad to release players, given the strength of relationships that are built and the many shared achievements and memories, and I

wish all departing players well. As for us, we now commence our auction preparations having retained top Indian talent, whilst also giving ourselves both options and flexibility with our three remaining RTMs, and a healthy available purse. It should be fun!" added Bobat.

Speaking further on retaining Dayal, who's in India's T20I team for the upcoming series against South Africa and Patidar, who made his Test

debut earlier this year, head coach Andy Flower explained the rationale behind it.

"We are thrilled to retain Yash Dayal, an extraordinary talent whose career is on an upward trajectory. His unique ability as a left-arm bowler, capable of swinging the ball in both directions, adds a valuable dimension to our bowling attack—one that is increasingly rare in the auction landscape." **IAN**

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11 companies across state complied with ABS rule last year

CONTINUED FROM PAGE 1

due to a lack of clarity on certain aspects of the Biological Diversity (Amendment) Bill that was passed in 2023. They say the National Biodiversity Authority and Ministry of Environment Forest and Climate Change are yet to apprise the state biodiversity board of rules under the new amendment.

"While the Biological Diversity (Amendment) Bill was passed last year, the rules have not been specified yet by the Central Government either. The bill also introduced changes in the ABS scheme.

The response to the scheme has been as usual. However, many companies utilising natural resources are waiting for these clarifications. That might be the reason behind the lower number of agreements," said a KBB official.

Under ABS, companies using biological or natural resources are bound to share a certain percentage of their gross sales or gross revenue of the product derived from the use of these resources. Experts say the recent amendment has made changes in the fraction of profit/total sales to be paid by companies.

Waiting for new rules

According to members of Bengaluru's Biodiversity Management Committee (BMC), while the companies are being asked to follow the old regime until new rules are gazetted, there has been a lack of interest in following the old regime.

"We have been communicating the old regime of payment under ABS to the companies. However, a majority is not willing to follow that and is waiting

for the new rules. We have been calling representatives of these businesses in the city and asking them to comply with the rules. However, there has been no response. BMC has approached them on multiple occasions over the past few months, but businesses have failed to comply under various pretexts," said a BMC member.

Nagoya Protocol

India is a party to the Nagoya Protocol, a supplementary agreement ratified by the country in 2014, under which, the users of biological resources are supposed to share a percentage of profits with local communities. This percentage of profit, known as Access Benefit Sharing, must be disbursed to local biodiversity management committees for biodiversity conservation purposes or to promote the livelihoods of local people from where natural resources were accessed.

As per the Protocol, the National Biodiversity Association and state biodiversity boards, which KBB in the case of Karnataka, are required to take appropriate and effective administrative or policy measures to address the cases of non-compliance.

However, experts point to ambiguity around these rules as the major reason for the low number of companies getting into agreements under the scheme.

"There are no serious implications that these businesses face in situations of non-compliance. We have suggested that BBMP's Forest Department discuss the issue with KBB. Those not following the rules should face serious consequences such as KBB rejecting applications of licence renewal, etc," said Akshay Heblikar, founder of Eco Watch and a member of Bengaluru's BMC.

Crumble-down effect

CONTINUED FROM PAGE 1

Many children visit Freedom Park and the rickety compound wall poses danger to them. I appeal to the BBMP authorities to fix the problem to avoid problems for people," said Ramya Shree, adding that the collapsed wall is not only an eyesore but also ruins the image of Freedom Park.

Demanding the BBMP take up the construction of the wall soon, GK Rajendra Gowda, a resident from Srinagar, said that he visits Freedom Park during weekends along with his children. "I come all the way from Srinagar to Freedom Park because of the good atmosphere and green cover. Now, I am worried about the safety of

children due to the collapse of the compound wall. The authorities must fix this problem to prevent children getting injured or becoming victims as the condition of the remaining portion of the compound wall is also weak," said Gowda.

Poorna B, a resident of Gandhinagar, has been visiting Freedom Park in the morning for a walk. "I am happy with the maintenance of Freedom Park. But the authorities must repair the compound wall without any delay as it may become dangerous for visitors as well as pedestrians," said Poorna.

When informed, BBMP Horticulture Department Inspector Malayadri said that he would report the wall collapse incident to higher authorities.

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he jumped from a building. He asks his mother why he cannot have super powers like Spiderman. She says that his father Prabhakar (Achyuth Kumar), a police inspector, is Superman because he does his duty honestly. Vedanth (Sriimurali) grows up to become a police officer. He decides to punish people indulging in antisocial activities in Mangaluru. However, the Commissioner of Police directs him not to go ahead. What happens to Vedanth and his lover Sneha (Rukmini Vasanth) is what Bagheera is all about.

As far as performances of the actors are concerned, Sriimurali is at his best. His dialogue delivery and body language are appreciable. He plays the lead that has two shades with aplomb.

Rukmini Vasanth looks gorgeous. Rangayana Raghu, as a head police constable, walks away with all honours. His acting and dialogues can reform corrupt police constables, if there are any, in the police department.

Achyuth Kumar and Sudharani provide good support. Garuda Ram, as an organ mafia kingpin, is convincing.

Music by B Ajaneesh Loknath and cinematography by AJ Shetty are good.

Some may not be able to stomach the gory scenes.

All in all, the movie is worth a watch for the mass audiences.

—Y Maheswara Reddy

BAGHEERA

3.0
RATING



- **DIRECTOR** Dr Suri
- **ACTORS** Sriimurali, Rukmini Vasanth, Prakash Raj, Achyuth Kumar, Sudharani, Rangayana Raghu
- **Duration** 158 minutes
- **Certification** U/A

Bagheera is Dr Suri's second movie as a director in Sandalwood after the film Lucky that was released in 2012. Bagheera had created a lot of buzz and excitement among the moviegoers since the movie was bankrolled by prestigious banner - Hombale Films - which is known for big-budget movies. Dr Suri has succeeded in catering to the needs of mass as well as class audiences. The movie conveys a message that prayers of hapless people

are answered and good always prevails over evil. Bagheera has all elements including sentiments, action, crime and love.

The movie begins with a teacher (Sudharani) highlighting the qualities of Bhagat Singh to the students. She comes to know that her son Vedanth Prabhakar has been admitted to a hospital as he was injured when



PVR - INOX CINEMAS (DIRECTORS CUT, FORUM REX WALK, 9:30, 12:55, 3:30, 6:45, 9:30 p.m.) | **NEXUS FORUM MALL, KORMANGALA**, 8:35, 9:25, 11:55, 12:30, 3:40, 6:30, 7:05, 10:30 p.m. | **ORION MALL, YESHWANTPUR**, 8:40, 9:40, 12:05, 12:45, 3:30, 3:55, 6:55, 10:20 p.m. | **VAISHNAVI SAPPHIRE MALL, TUMKUR ROAD**, 8:55, 12:20, 7:05, 10:30 p.m. | **VEGA CITY MALL**, 8:30, 9:15, 12:10, 3:35, 6:55, 10:30 p.m. | **IN ATMOS** : 12:15, 3:15, 10:10 p.m. | **MSR REGALIA**, 8:50, 12:15, 3:40, 7:05, 10:30 p.m. | **PHOENIX MARKET CITY, K.R. PURAM**, 8:50, 12:15, 2:25, 3:40, 5:50, 7:05, 10:30 p.m. | **BHARTIYA CITY**, 9:10, 12:20, 3:50, 7:05, 10:30 p.m. | **GT WORLD MALL**, 9:00, 3:15, 10:00 p.m. | **AURA PARK SQUARE, WHITEFIELD ROAD**, 12:00, 6:35, 10:00 p.m. | **SPIRIT MALL**, 9:00, 3:55, 10:30 p.m. | **VR MALL, WHITEFIELD ROAD**, 8:30, 11:30, 12:00, 2:35, 3:25, 6:05, 6:50, 9:30, 10:15 p.m. | **GLOBAL MALL, NAYANDALLI**, 9:00, 11:50, 6:35, 10:00 p.m. | **FALCON CITY MALL, KANAKAPURA ROAD**, 9:00, 9:40, 12:25, 12:50, 3:40, 6:45, 7:05, 10:30 p.m. | **UPTOWN OMR MALL**, 9:00, 3:35, 10:10 p.m. | **SUPERPLEX FALCON CITY** | **PHOENIX MALL OF ASIA**, 12:20, 6:55 p.m. | **IN ATMOS** : 8:35, 9:05, 11:45, 12:30, 3:10, 3:55, 6:35, 6:50, 10:00, 10:30 p.m. | **MANTRI MALL**, 9:00, 7:05 p.m. | **IN ATMOS** : 12:15, 3:25, 10:10 p.m. | **CENTRAL MALL, J.P. NAGAR**, 9:20, 12:45, 6:45 p.m. | **GARUDA MALL**, 9:10, 12:35, 3:55, 6:35, 10:00 p.m. | **SWAGATH MALL**, 12:35, 10:30 p.m. | **BROOKFIELD MALL**, 9:00, 3:35, 10:10 p.m. | **LIDO**, 12:20, 6:55 p.m. | **VALUE MALL**, 9:05, 12:30, 3:45, 7:05, 10:30 p.m. | **GALLERIA MALL, RMZ YELAHANKA**, 9:05, 12:30, 7:05 p.m. | **IN ATMOS** : 10:20 p.m. | **GARUDA, YELAHANKA**, 9:00, 3:35, 10:10 p.m. | **SBR HORIZON, SEEGEHALLI**, 9:00, 12:25, 3:35, 6:45, 10:10 p.m. | **CINEPOLIS CINEMAS** {ROYAL MEENAKSHI MALL, 9:30, 10:00, 12:30, 3:55, 7:05, 10:10, 10:25 p.m. | **ETA MALL, BINNY MILL**, 9:00, 9:30, 12:10, 3:35, 6:45, 7:00, 10:10, 10:25 p.m. | **EAST ORION MALL**, 9:35, 12:30, 7:05, 10:30 p.m. | **SHANTINIKETAN**, 8:30, 9:20, 11:55, 2:50, 3:55, 6:15, 6:45, 10:10, 10:30 p.m. | **SJR SPECTRUM MALL**, 9:20, 12:20, 3:44, 4:05, 6:55, 10:30 p.m. | **LULU MALL (TRD)**, 8:30, 9:10, 11:40, 12:30, 3:45, 7:05, 10:20 p.m. | **LULU MALL (VIP)**, 9:45, 4:25, 10:30 p.m. | **GOPALAN CINEMAS** {ARCADE MALL, 9:45 p.m. | **LEGACY MALL**, 4:30, 7:30, 10:30 p.m. | **GRAND MALL**, 11:00, 4:00, 9:45 p.m. | **SIGNATURE MALL**, 1:30, 6:45 p.m. | **INNOVATION MALL**, 4:30, 7:30, 10:00 p.m. | **INNOVATIVE** {MARATHALLI, 10:00, 12:45, 3:00, 7:00, 9:45 p.m. | **CINEPHILE** {HSR LAYOUT, 10:00, 1:00, 4:15, 10:00 p.m. | **MIRAJ CINEMAS** {SUNKADAKATTE, 5 SHOWS | **MOVIE TIME** {DAVANGERE, 10:00, 7:30 p.m. | **BELLARY**, 10:00, 4:30, 7:00, 10:30 p.m. | **RR NAGAR**, 10:00, 4:00, 6:45, 10:30 p.m. | **NEW FANGLED MULTIPLEX** {12:00, 3:15, 6:45, 9:15, 10:15 p.m. | **SRIINIVASA THEATRE** {SG PALYA, 1:15, 4:15, 7:15 p.m. | **PRASANTA THEATRE** {DAILY 2 SHOWS | **SANTOSH RPC LAYOUT** {DAILY 3 SHOWS | **VINAYAKA THEATRE** {VARTHUR, 7:30 p.m. | **VAISHNAVI VYBHAVI** {DAILY 3 SHOWS | **VYBHAV THEATRE** {1:15, 4:15, 7:00 p.m. | **KAMAKYA THEATRE** {1:30, 4:30, 7:30 p.m. | **RADHAKRISHNA CHITRAMANDIRA** {10:30 p.m. | **SRI RAMA THEATRE** {RAMANAGARA, TOTAL 3 SHOWS | **NARTHAKI THEATRE** {KG ROAD, DAILY 5 SHOWS | **SIDDALINGESHWARA** {1:30, 7:30 p.m. | **VENKATESWARA** {KENGRI, 8:30 p.m. | **BALAJI** {CHIKKALSANDRA, 7:30 p.m. | **ROCKLINE** {1:00, 4:00, 9:45 p.m. | **KINO CINEMAS** {4:30, 10:30 p.m. | **V CLASS CINEMAS** {1:30, 4:30, 7:30 p.m. | **SHANKARNAAG** {1:45, 7:30 p.m. | **MAHADESHWARA** {DAILY 2 SHOWS | **RAVI THEATRE** {SARAPURA, 9:45 p.m. | **PVR - INOX CINEMAS** {FIZA MALL, MANGALORE, 9:15, 12:40, 6:40, 10:05 p.m. | **FORUM MALL, MYSORE**, 9:05, 3:40, 6:35, 10:15 p.m. | **GARUDA MALL, MYSORE**, 9:00, 3:45, 10:30 p.m. | **CENTRAL, MANIPAL**, 9:15, 3:45, 10:30 p.m. | **SATYAM MALL, MYSORE**, 8:55, 12:00, 6:45 p.m. | **S MALL, TUMKUR**, 8:45, 12:10, 6:45, 10:10 p.m. | **CENTRO MALL MYSORE**, 9:10, 3:45, 10:20 p.m. | **CINEPOLIS** {CITY CENTRE MALL, MANGALORE, 9:20, 12:30, 3:55, 7:05, 10:30 p.m. | **BHARATH CINEMAS** {MANGALORE, 10:15, 1:30, 4:15, 7:30, 10:30 p.m. | **MANIPAL**, 10:30, 1:30, 4:30, 7:30, 10:30 p.m. | **KUNDAPUR**, 10:15, 1:15, 7:15, 10:00 p.m. | **PADUBIDRE**, 4 SHOWS | **PUTTUR**, 10:15, 4:30, 7:30 p.m. | **SHIMOGA**, 5 SHOWS | **UDUPI**, 4:30, 10:15 p.m. | **DRG CINEMAS** {MYSORE, 4 SHOWS | **JAI BHARATH** {TUMKUR | **TRINETRA THEATRE** {Davangere | **VASANTHA THEATRE** {Davangere | **NATARAJ COMPLEX** {Bellary | **LAKSHMI THEATRE** {Hospet | **CINE GALAXY** {SURATKAL, 11:00, 4:45, 7:00, 10:00 p.m. | **VISION CINEMA** {MYSORE, 4 SHOWS | **SRI BALAJI DELUXE THEATRE** {MYSORE, TOTAL 3 SHOWS | **SANGAM** {MYSORE, TOTAL 4 SHOWS | **SAHYADRI** {HASSAN, TOTAL 4 SHOWS |

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FARNAZ

SOAK UP THE LOVE

Shraddha Kapoor-Rajkumar Rao starrer Stree 2 has gone on to become one of the biggest hits of Hindi cinema, surpassing many records. Lead star Shraddha Kapoor is currently basking in unparalleled fame, and recently became the second highest Indian to be followed on Instagram.

Talking about the movie's success, Shraddha recently told Hindustan Times, "I am not detaching from anything. I'm soaking in all the love. I'm soaking in all the admiration. That's because I feel fortunate that I get to do what I love to do, which is being an actor. To get the love from the audience while doing that is very precious. I'm very grateful for this moment in my career. I wake up with a lot of gratitude every single day".

Talking about failure, Shraddha said, "Failure is a very important stepping stone towards success. My journeys also had its ups and downs. It has led me to this moment right now. I really believe that failure is an important step towards success."

Recently, Madhuri Dixit expressed her admiration for Stree, highlighting its unique blend of humor and spookiness. She reflected on how Bollywood's horror genre has evolved over the years, noting the changes in storytelling and audience engagement. In an interview with Pinkvilla, Madhuri expressed her fondness for Stree (2018), the first film in the Maddock Supernatural Universe.

—ETimes

Shraddha reveals how she is celebrating the success of her latest film

NOW SHOWING SUCCESSFULLY

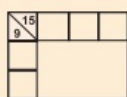
MUKUNDA MAHESH SEETHARAM	Rampage TEJAS	Swagath POORNIMA	Swagath SHANKARNAAG	VICTORY CINEMA	TRIVENI KEMPEGOWDA CIRCLE PRIVEE T.I.O (TELUGU VERSION)	ABHINAY K.G. ROAD (HINDI VERSION)	ANURAG
PVR - INOX REX NEXUS ORION VAISHNAVI VEGA CITY REGALIA MARKET CITY AURA BHARTIYA GT SPIRIT VR UPTOWN GLOBAL FALCON CITY MANTRI LIDO CENTRAL GARUDA YELAHANKA SWAGATH BROOKFIELD SBR NEIGHBOURHOOD MEGAPLEX RMZ	Cinepolis RMZ ETA SHANTINIKETAN LULU SAR ORION EAST ARCADE LEGACY GRAND SIGNATURE INNOVATION	NEW FANGLED M.G. ROAD	VCEINERS T.C. PALYA	MAHARAJA R.N. NAGAR	PRASANTA MAGADI ROAD	LAKSHMI TAVAREKERE	MANASA KONANKUNTE
MIRAJ SUNKADAKATTE	MOVIE TIME R.N. NAGAR	ANJAN MAGADI ROAD	VAIBHAV SANJAYNAGAR	KRISHNA BOMMANAHALLI	SIDDHESHWARA J.P. NAGAR	SIDDHALINGESHWARA J.P. NAGAR	VENKATESHWARA KENGRI
VENKATESHWARA K.P. AGRAHARA	PUSHPANJALI B.N. PURA	PUSHPANJALI SULTANPALYA	RADHAKRISHNA R.T. NAGAR	RENUKAPRASANNA J.P. NAGAR	VAISHNAVI UTHARAHALLI	VINAYAKA MARATHHALLI	SANDHYA MADIWALA
BRUNDHA HONGASANDRA	SRIINIVASA GOWDANPALYA	BALAJI DOMMASANDRA	VINAYAKA VARTHUR	SRIINIVASA GOWDANPALYA	VIJAYALAKSHMI GARUDACHAR PALYA	GALAXY PARADISE HONGASANDRA	AAKASH LAGGERE
LAKSHMI GOTTIGERE	KAMAKYA KATTIRIGUPPE	CHANDRODAYA VIDYAPEETA CIRCLE	VAINIDHI SINGAPURA	BALAJI DOMMASANDRA	VINAYAKA VARTHUR	SRIINIVASA GOWDANPALYA	KARNATAKA RELEASE BY : VR FILMS VENKATESH KAMALAKAR & K.SENTHIL



When Peter drove to work, he averaged 60 km/h because of traffic. On the way back home, he averaged 90 km/h because traffic was not as bad. The total travel time was 1½ hours [90 minutes]. How far is Peter's house from work?

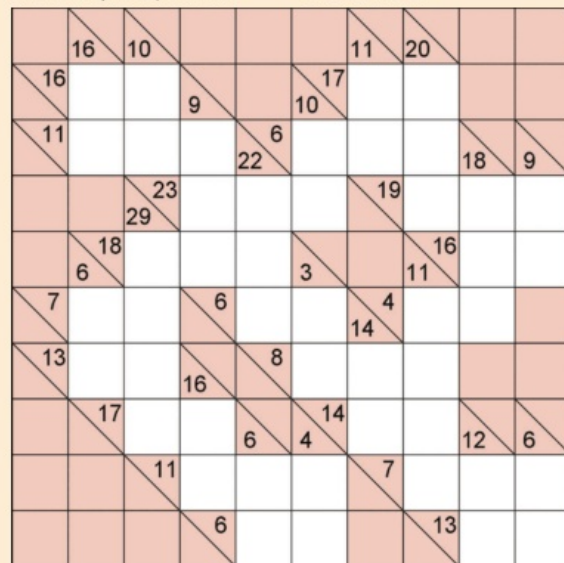
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

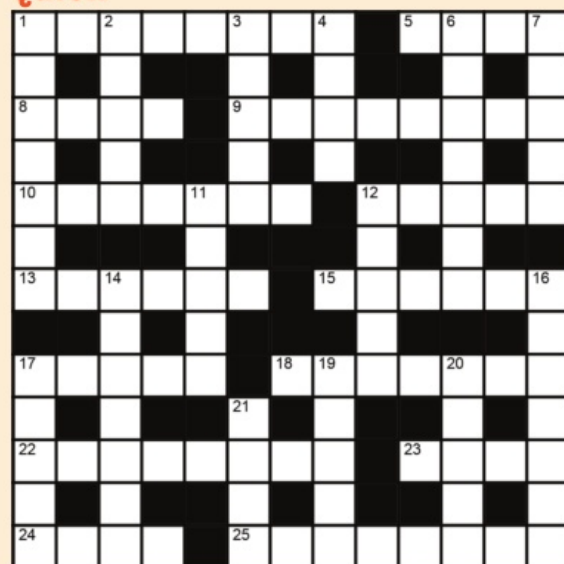


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 He prefers to be by himself (4,4)
- 5 A mark left after an injury has healed? (4)
- 8 Clench (4)
- 9 Naval unit (8)
- 10 Look after, hold dear (7)
- 12 ___ names : abuses? (5)
- 13 Animated or enthusiastic (6)
- 15 Errors in printing (6)
- 17 Obscure, confused (5)
- 18 Pays a surprise visit (5,2)
- 22 Governor of Karnataka from 2009 to 2014 (8)
- 23 Umpteen (4)
- 24 You too in Latin (2,2)
- 25 Decapitated (8)

DOWN

- 1 Rational (7)
- 2 Bete ___ : Anathema (5)
- 3 Deposes (5)
- 4 Noisome (4)
- 6 Flower petals, collectively (7)
- 7 Cross-pieces of ladder (5)
- 11 Embed (5)
- 12 Monaco's Monte ___ (5)
- 14 Tramp (7)
- 16 Irritated (7)
- 17 One of many written by Aesop? (5)
- 19 Indian monarch or king (5)
- 20 Burn caused by a hot liquid (5)
- 21 Large mop (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS T
CBG BXYBGZ CBG NTXRG CBG
ILHDDGZ CBG XQCGDDGRC.



Linemaro

Do you come here often? I could use your opinion about something



Mindchow

The public have an insatiable curiosity to know everything, except what is worth knowing



Joke of the day

Q. Do female frogs croak?
A. If you hold their little heads under water long enough.

Loop

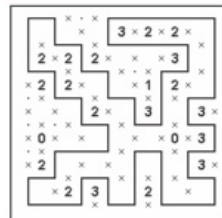
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

How to begin:

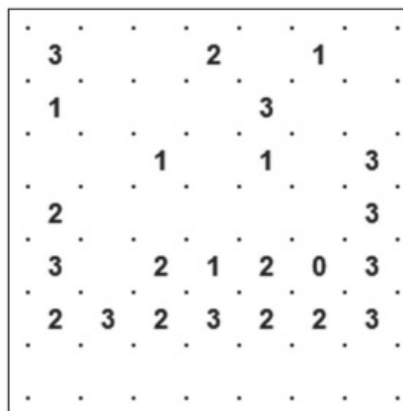
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

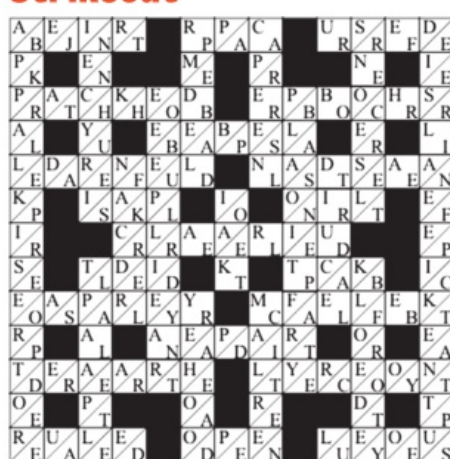


(Fig A)

(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

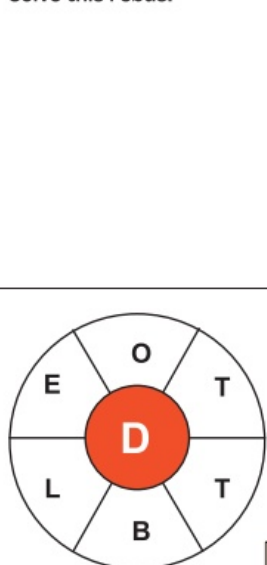
- 1 Lam up; 6 A bone;
- 7 Tapir; 8 Totem;
- 9 Reply

DOWN

- 1 Bap ma; 2 Motel;
- 3 Pry at; 4 Tune I;
- 5 Prole

Mensapuzzle

Solve this rebus:



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; 13 Good; 15 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 3

2 6 8 9

Medium

□ □ □ □ □ = 33

2 4 7 8

Hard

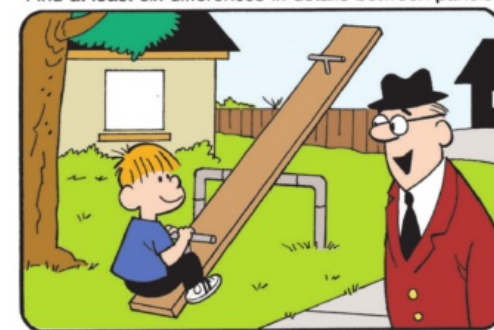
□ □ □ □ □ = 7

2 5 9 5

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Seesaw is longer. 2. Handle is smaller. 3. Hat is different. 4. Bush is different. 5. House is wider. 6. Label is different.

Riddler

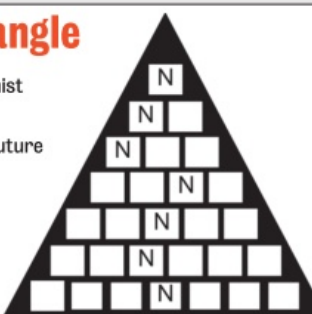
Insert one word in each pair to link the two words together. The end of the first word is the beginning of the second.

1. Rain ___ Tie 2. Tooth ___ Tale
3. Sea ___ Hole 4. Circuit ___ Yard

Alpha triangle

- 1 Direction in short
- 2 Neon for the chemist
- 3 Catch
- 4 Dispatched
- 5 Past, present or future
- 6 Governing council
- 7 Most spare

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



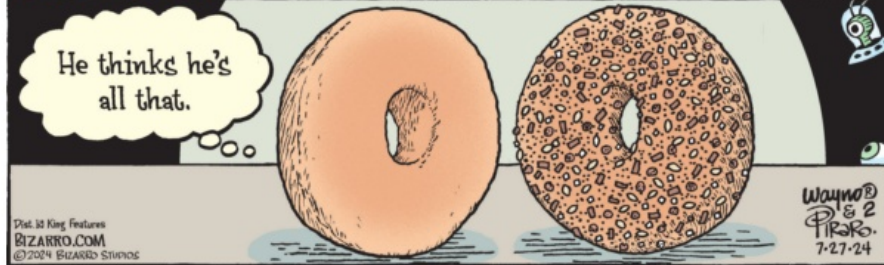
made at each step answering to the clue given.

COMICS

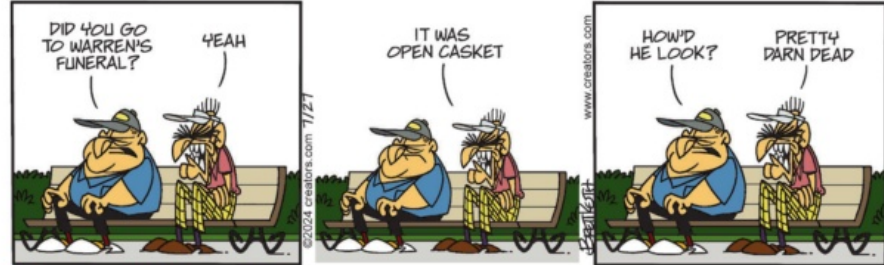
Popeye



Bizarrotrip



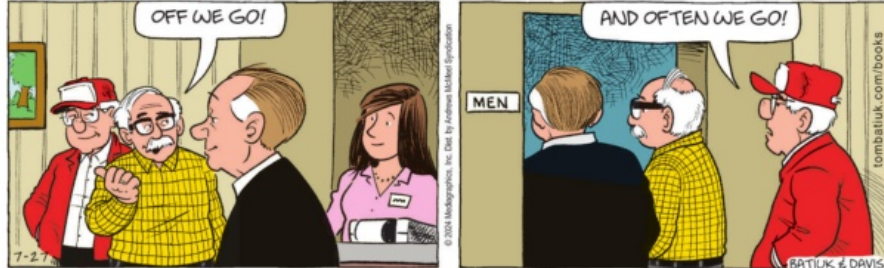
Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, domestic matters will demand your attention. You might spend on household items or decorative artefacts. However, be mindful of unnecessary expenses, as they can bring negativity into your space. Try to watch your words and avoid harsh communication with those around you.



Leo Jul 24 - Aug 23

Today, your willingness to help others will boost your social standing. You may think of fresh ideas, and implementing these innovations could enhance your business. Lovebirds might plan a fun outing or an adventure trip.



Sagittarius Nov 23 - Dec 22

Today, self-reflection will boost your confidence and clarify your goals. Your creativity will flourish, and interests in art, movies, and other aesthetic pursuits will thrive. By day's end, you will feel satisfied. Your opponents will lose their influence over you.



Taurus Apr 21 - May 20

Today, you will feel content, and domestic harmony will uplift your spirits. You may meet an influential person; this meeting could benefit your professional life, potentially leading to promotions or rewards. Disputes over inherited property might be resolved now.



Virgo Aug 24 - Sep 23

Today, your spiritual inclination will bring you joy. Positive thinking will boost your confidence, and you may feel drawn to spiritualism or even the occult. You may also visit religious places. It's best to keep certain opinions private or to share only with those who understand your perspective.



Capricorn Dec 23 - Jan 20

Today is a good day. Your mother's health will be stable. Work may bring rewards, enhancing your social respect. However, mental exhaustion from overworking could prevent you from attending a family event.



Gemini May 21 - Jun 21

Today, you might feel low and struggle with anxiety-induced sleeplessness. Meditation can help restore your peace of mind. You are advised to be cautious with spending, as trying to impress others may impact your savings. You must also avoid risky activities like rash driving or adventure trips.



Libra Sep 24 - Oct 22

Today, nervousness and a lack of patience may dominate your mood. Seeking peace might lead you to explore the occult. You are advised to trust your intuition before making important decisions. A newfound focus might allow you to gain deeper knowledge on a subject.



Aquarius Jan 21 - Feb 19

Today, feelings of dullness might cloud your mood. It is important to stay calm and think carefully before taking any action. You may need to travel to recover owed money, but be cautious. You are advised to avoid adventure trips. Students are advised to focus deeply on their studies for success.



Cancer Jun 22 - July 23

Today, a positive influence brings a turn of fortune, with losses converting into gains. You may find success in government-related matters. Couples expecting a child might receive good news, and health concerns with parents will be under control now.



Scorpio Oct 23 - Nov 22

Today, a favourable lunar position brings momentum to your professional and personal life. Investments may yield gains, and friends or relatives will reciprocate your past support. Your hard work will be rewarded with success.



Pisces Feb 20 - Mar 20

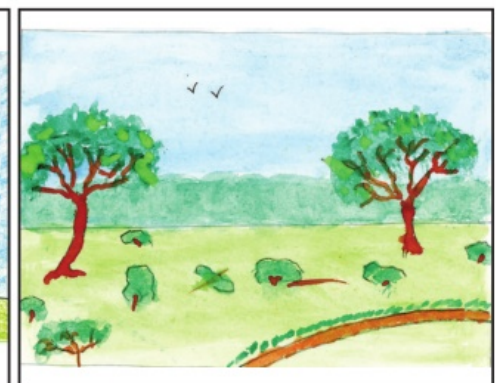
Today, you will feel satisfied with your work. You may plan on a short business trip, or you could visit a relative. Disputes with siblings might find resolution, and guidance from mentors will bring clarity to your goals.



KIDZONE



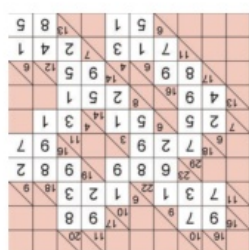
Tanya Krishna, Bengaluru



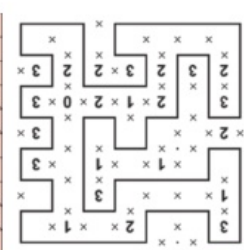
Sinchana, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

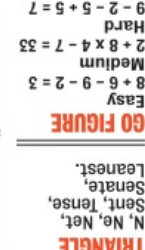
SOLUTIONS



KAKURO



LOOP



ALPHA



SUDOKU



MENSA PUZZLE



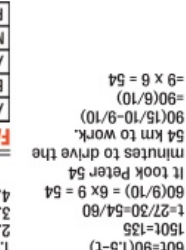
QUICK



STRIKE OUT



RIDDLER



IN

POORVIKA

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